



Want to be able to keep up with your kids this winter or just feel healthier?
Come and exercise with other blokes in a safe environment to try new activities
every week for eight weeks with the guidance of qualified instructors.

ACTIVE BLOKES RUNS FROM

15TH JUNE – 3RD AUGUST

Monday evenings at various locations around Launceston.



Active Blokes is designed for men who would like to get active and don't know where to start. Active Blokes allows participants to try a range of fun activities and find out what best suits their needs in a non-intimidating group environment.

- ⚡ Caters for all fitness levels
- ⚡ Meet likewise men in a non-competitive environment making connections in the community
- ⚡ Self-paced sessions.
- ⚡ Bookings essential, call 6324 4027 to reserve a spot now.
- ⚡ Starts on the first day of Men's Health Week
www.menshealthweek.org.au/En/Default.aspx

More information over page or contact
Active Launceston on 6324 4027

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.

Active Blokes 2015

Each week of the Active Blokes program you will visit a different fitness location where a variety of one hour fun physical activity sessions will be provided.

- ⚡ Active Blokes is designed for men who want to start exercising, improve their self-confidence, gain social connections or just want to get fit but don't know where to begin.
- ⚡ Numbers are limited to 20 participants per session.
- ⚡ This program is a great way to meet new friends in a fun and social environment whilst getting active.
- ⚡ Please arrive 10 minutes early to each session,
- ⚡ This is a FREE program
- ⚡ Bookings are essential to ensure appropriate instructor numbers on the day
- ⚡ Encourage your mate to book in too and get more active!
- ⚡ Wear comfortable clothing and footwear suitable for exercise, a drink bottle and a bath towel



Active Blokes 2015 Schedule

WHAT'S ON	WHEN	WHO	WHERE	PROVIDER INFORMATION
Aikido	6.00pm Monday 15th June	Aikido Aiki Kai Tasmania	Unigym, Brooks Rd, Newnham	aikido.tas@gmail.com unigym.com.au/
Boxing (Group Fitness)	7.00pm Monday 22nd June	Health & Fitness World	Health and Fitness World, 69 William St, Launceston	www.hfworld.com.au or 6331 3133
Kettlebell Class	6.15pm Monday 29th June	LAfit	Launceston Aquatic Centre, 18A High St, Launceston	www.launcestonaquatic. com.au/laquatic/
Bodyweight Training	6.30pm, Monday 6th July	PCYC	PCYC, 146 Abbott St, Newstead	pcyc@bigpond.net.au or (03) 6344 2411
Laser Tag	6.00pm Monday 13th July	Zone3 Laser Games Tasmania	9 Swanston Park Dr, Waverley	www.zone3tas.com.au/
Running Technique	6.00pm Monday 20th July	The Running Company	47A Brisbane St, Launceston	(03) 6331 9721
Soccer Skills	6.00pm Monday 27th July	Northern Tasmania Social Soccer Association	University Football Oval, Brooks Rd, Newnham	ntssa.net/
Group's Choice	To be advised	To be advised	To be decided by group	